



Dimensions
supported living

Personalised support for all



Dimensions works in about half of all local authorities and with many CCGs delivering supported living services for people with learning disabilities and autism – that is, support for people living in their own home, alone or with other people.

Our experience with people with complex needs and behaviour that challenges means we know that almost everybody can be supported to live in their own home. Dimensions is developing particular expertise in supporting people out of ATUs and other institutions.

Each individual's service provision is personalised to their views, needs and preferences. We support people to manage their tenancies, access the community and develop independent living skills.



Involving people

We promote choice and inclusion. By listening to the people and families we support, we shape a service that is as individual as they are. Involving the people we support and their families in the creation of the support plan is key to a successful service.

We use staff matching tools to identify the characteristics of the ideal support worker and create bespoke job adverts with the person we support and their

family. They are then involved in the shortlisting and interviewing of each person and decide who they would like to work with.

We believe that each person we support should have opportunities to learn new things and enjoy the activities they wish to do. Becoming part of the local community enables individuals to live an active and inclusive life.

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Aidan is as settled as he has ever been and it's down to his team at Dimensions. ”

Maureen, Aidan's mum



Reducing Aidan's anxiety

Aidan has a learning disability and used to suffer from extreme anxiety. Now, truly personalised support and a house move have helped Aidan take control.



By taking time to observe Aidan – his routines, instances of challenging behaviour and possible causes – his team were able to adjust to his needs. Fewer staff, predictable shift patterns and only male support workers have all helped reduce his anxieties and, in turn, his challenging behaviour.

The unpredictability that came with sharing a home with other people

was detrimental to his peace of mind. Aidan has now moved into his own home where he enjoys his independence in a bungalow with a garden and space for his mobility vehicle.

Aidan's four Dimensions staff were recruited using best practice person-centred methods including input from Aidan himself. Aidan now has

a structured morning, afternoon and evening routine and is supported on a 1:1 basis at all times. The person who starts the shift with Aidan is the person who sleeps at his home – this has proved to be very reassuring for Aidan.

His challenging behaviour has reduced dramatically and his confidence has grown. Aidan enjoys at least one community activity every afternoon,

including hydrotherapy, horse riding, dog walking and shopping.

Aidan and his family are closer now too. Seeing his parents was often a trigger for behaviour that challenges. Now, he visits them and is relaxed in their company.



Proving life can get better

Dimensions provides evidence-based, outcomes-focused support including sector leading positive behaviour support for people with learning disabilities, autism and complex needs. We help the people we support to be actively involved in their communities.



Find out more

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Find us on social media @DimensionsUK

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